



HEALTH SCORE

100%

Salmon Sesame Salad



Dairy Free



Very Healthy

READY IN



75 min.

SERVINGS



6

CALORIES



508 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 large avocados cut lengthwise into 1/2-in.-thick slices
- ☐ 6 servings lemongrass chile dressing
- ☐ 0.3 cup cilantro leaves coarsely chopped for garnish
- ☐ 1 large eggs
- ☐ 8 green onions trimmed thinly sliced
- ☐ 6 servings kosher salt
- ☐ 3 qts napa cabbage thick sliced () (from 1 medium head)
- ☐ 3 large oranges

- ☐ 1.5 pounds sockeye salmon fillets wild thick ()
- ☐ 2 tablespoons sesame seed
- ☐ 0.5 pound snow peas trimmed
- ☐ 6 servings vegetable oil for frying
- ☐ 12 won ton wrappers

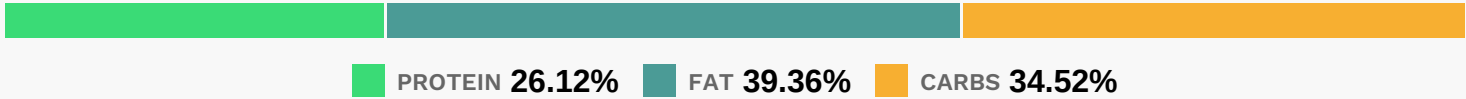
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ kitchen thermometer

Directions

- ☐ Cook salmon in a large pot of simmering salted water, covered, until just opaque, about 5 minutes. Lift out and let cool.
- ☐ Cut ends off oranges. Following the curve of the fruit, cut off peel, then cut segments free from membranes by slicing on either side of each membrane.
- ☐ Pour enough oil into a large pot to come 1/2 in. up sides.
- ☐ Heat over medium-high heat until a deep-fry thermometer registers 36
- ☐ Whisk egg with 1 tbsp. water.
- ☐ Brush won tons with egg wash on both sides, then sprinkle generously with sesame seeds. Fry in small batches until golden and puffy.
- ☐ Drain on paper towels and sprinkle with salt to taste.
- ☐ Toss cabbage, snow peas, oranges (no juice), green onions, and cilantro in a large bowl with two-thirds of dressing. Divide among plates.
- ☐ Remove skin from salmon and scrape off gray layer underneath. Break into 2-in. chunks and arrange, along with avocado slices, on greens.
- ☐ Drizzle both with remaining dressing. Scatter cilantro leaves on top and serve with won ton chips.

Nutrition Facts



Properties

Glycemic Index:43.08, Glycemic Load:7.92, Inflammation Score:-10, Nutrition Score:53.860869589059%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Hesperetin: 25.07mg, Hesperetin: 25.07mg, Hesperetin: 25.07mg Naringenin: 14.09mg, Naringenin: 14.09mg, Naringenin: 14.09mg, Naringenin: 14.09mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg

Nutrients (% of daily need)

Calories: 507.92kcal (25.4%), Fat: 23.39g (35.99%), Saturated Fat: 3.69g (23.09%), Carbohydrates: 46.16g (15.39%), Net Carbohydrates: 31.63g (11.5%), Sugar: 18.18g (20.19%), Cholesterol: 94.72mg (31.57%), Sodium: 394.17mg (17.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.93g (69.85%), Vitamin C: 223.64mg (271.08%), Vitamin K: 268.27µg (255.5%), Folate: 532.26µg (133.07%), Vitamin B6: 2.41mg (120.72%), Selenium: 53.08µg (75.83%), Vitamin B3: 13.61mg (68.07%), Potassium: 2365.03mg (67.57%), Manganese: 1.34mg (66.94%), Vitamin B12: 3.68µg (61.39%), Fiber: 14.53g (58.11%), Vitamin B2: 0.95mg (55.62%), Vitamin A: 2612.81IU (52.26%), Vitamin B1: 0.75mg (49.73%), Calcium: 490.25mg (49.03%), Phosphorus: 487.73mg (48.77%), Copper: 0.82mg (40.86%), Vitamin B5: 4mg (39.97%), Magnesium: 151.14mg (37.78%), Iron: 5.01mg (27.85%), Zinc: 2.92mg (19.48%), Vitamin E: 2.76mg (18.43%), Vitamin D: 0.17µg (1.11%)